How to Help a Youth Who is at Risk to Run
Prevention Tips for Caregivers

What you can do
“How was your day? Did anything good happen? How do you think you did on that test?”

How can I help?
• Engage the youth in everyday activities
• Encourage them to plan for the future
• Support their dreams
• Listen to what they want

Create a Youth Run Prevention Plan with the youth and caseworker:
• Identify their strengths
• Brainstorm and list calming activities
• Discuss and create awareness of possible triggers

Provide a sense of normalcy:
• Treat all youth in the home the same
• Encourage youth to participate in activities of interest
• Allow youth to hang out with their friends
• Attend school and community events

Support a sense of belonging and safety:
• Include foster youth in all family activities
• Have clear house rules that apply to all youth
• Talk with youth about their feelings
• Let them know they are important

Family meals:
• Eating together helps build relationships
• Check in with each other
• Make plans for the weekend

Share ordinary time:
• Day to day tasks create a bond
• Walk the dog

Show up:
• Attend youths school events
• Watch them practice sports
• Help them create a hobby

Stay curious:
• Ask questions about their life
• Get to know their friends
• What do they like to do?
• Where do they hang out?

Set clear limits:
• Youth need guidance
• Involve them in setting house rules
• Consequences should be related to the behavior
• Be consistent
• Be fair

Let the youth have a voice and choice:
Empower the youth to:
• Say what they want or need
• Express their opinions
• Take responsibility
• Learn new things
• Make decisions for themselves whenever possible

Provide meaningful activities, opportunities and life skills:
Show that you are invested in their life and future
Possible life skills you could teach the youth are how to:
• Cook
• Grocery shop
• Find resources
• Do laundry
• Maintain a car

Safety Plan:
Create a plan and provide youth with contact information for:
• Shelters
• Drop-in centers
• Food resources
• Crisis Residential Centers
• Hope Programs

Your words and actions help youth feel secure. Don’t forget to say and show how much you care.

For more information, visit:
www.dcyf.wa.gov